

K

Data Comparing Carbohydrate Intake to Intake of Other Nutrients from the Continuing Survey of Food Intakes by Individuals (CSFII), 1994–1996, 1998

TABLE K-1 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Children 1 Through 3 Years of Age, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|--------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 18 | 379 | 1,579 |
| Total energy (kcal) | | 1,306 | 1,402 |
| Standard error | | 25 | 13 |
| Carbohydrate (g) | | 135.0 | 178.0 |
| Standard error | | 2.7 | 1.6 |
| Carbohydrate (% energy) | | 41.3 | 51.1 |
| Standard error | | 0.3 | 0.2 |
| Fiber (g) | | 6.4 | 8.7 |
| Standard error | | 0.2 | 0.1 |
| Fat (g) | | 61.0 | 55.8 |
| Standard error | | 1.3 | 0.6 |
| Fat (% energy) | | 41.9 | 34.8 |
| Standard error | | 0.3 | 0.2 |
| Saturated fat (g) | | 26.1 | 22.4 |
| Standard error | | 0.6 | 0.3 |
| Saturated fat (% energy) | | 17.8 | 14.1 |
| Standard error | | 0.2 | 0.1 |

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 1,428 | 353 | 20 |
| 1,385 | 1,253 | |
| 13 | 24 | |
| 206.0 | 213.0 | |
| 1.9 | 4.2 | |
| 59.7 | 68.2 | |
| 0.2 | 0.3 | |
| 10.0 | 10.3 | |
| 0.1 | 0.3 | |
| 44.9 | 31.5 | |
| 0.5 | 0.8 | |
| 28.7 | 22.0 | |
| 0.2 | 0.4 | |
| 17.3 | 11.7 | |
| 0.2 | 0.3 | |
| 11.1 | 8.3 | |
| 0.1 | 0.1 | |

continued

TABLE K-1 Continued

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| Fatty acid 18:2 (g) | | 6.9 | 7.6 |
| Standard error | | 0.2 | 0.1 |
| Fatty acid 18:2 (% energy) | | 4.8 | 4.8 |
| Standard error | | 0.1 | 0.1 |
| Thiamin (mg) | | 1.03 | 1.17 |
| Standard error | | 0.02 | 0.01 |
| Riboflavin (mg) | | 1.81 | 1.77 |
| Standard error | | 0.04 | 0.02 |
| Niacin (mg) | | 11.4 | 13.5 |
| Standard error | | 0.3 | 0.2 |
| Vitamin B ₆ (mg) | | 1.10 | 1.31 |
| Standard error | | 0.03 | 0.02 |
| Vitamin B ₁₂ (µg) | | 4.11 | 3.38 |
| Standard error | | 0.10 | 0.05 |
| Folate (µg) | | 166 | 205 |
| Standard error | | 5 | 3 |
| Vitamin C (mg) | | 57 | 84 |
| Standard error | | 2 | 2 |
| Iron (mg) | | 8.6 | 10.6 |
| Standard error | | 0.2 | 0.1 |
| Zinc (mg) | | 8.0 | 7.9 |
| Standard error | | 0.2 | 0.1 |
| Calcium (mg) | | 972 | 877 |
| Standard error | | 28 | 11 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 43 degrees of free-

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 6.7 | 4.9 | |
| 0.1 | 0.2 | |
| 4.3 | 3.4 | |
| 0.1 | 0.1 | |
| 1.19 | 1.12 | |
| 0.01 | 0.02 | |
| 1.65 | 1.44 | |
| 0.02 | 0.03 | |
| 13.5 | 12.6 | |
| 0.2 | 0.3 | |
| 1.37 | 1.38 | |
| 0.02 | 0.03 | |
| 2.9 | 2.28 | |
| 0.05 | 0.08 | |
| 222 | 219 | |
| 3 | 6 | |
| 114 | 131 | |
| 2 | 5 | |
| 11.3 | 11.5 | |
| 0.2 | 0.3 | |
| 7.2 | 6.4 | |
| 0.1 | 0.2 | |
| 769 | 623 | |
| 10 | 17 | |

dom. Children fed human milk or who reported no food intake for a day were excluded from the analysis.

DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service.

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-2 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Children 4 Through 8 Years of Age, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 16 | 288 | 1,620 |
| Total energy (kcal) | | 1,824 | 1,801 |
| Standard error | | 32 | 15 |
| Carbohydrate (g) | | 188.0 | 231.0 |
| Standard error | | 3.4 | 1.9 |
| Carbohydrate (% energy) | | 41.4 | 51.5 |
| Standard error | | 0.4 | 0.2 |
| Fiber (g) | | 10.4 | 11.9 |
| Standard error | | 0.3 | 0.2 |
| Fat (g) | | 86.4 | 71.1 |
| Standard error | | 1.8 | 0.7 |
| Fat (% energy) | | 42.0 | 34.9 |
| Standard error | | 0.3 | 0.1 |
| Saturated fat (g) | | 32.5 | 26.7 |
| Standard error | | 0.7 | 0.3 |
| Saturated fat (% energy) | | 15.8 | 13.1 |
| Standard error | | 0.2 | 0.1 |
| Fatty acid 18:2 (g) | | 12.2 | 10.6 |
| Standard error | | 0.4 | 0.1 |
| Fatty acid 18:2 (% energy) | | 5.9 | 5.2 |
| Standard error | | 0.1 | 0.1 |
| Thiamin (mg) | | 1.37 | 1.48 |
| Standard error | | 0.03 | 0.02 |
| Riboflavin (mg) | | 1.95 | 1.99 |
| Standard error | | 0.04 | 0.02 |
| Niacin (mg) | | 18.9 | 18.5 |
| Standard error | | 0.5 | 0.2 |
| Vitamin B ₆ (mg) | | 1.46 | 1.55 |
| Standard error | | 0.04 | 0.02 |
| Vitamin B ₁₂ (µg) | | 4.68 | 4.20 |
| Standard error | | 0.15 | 0.07 |
| Folate (µg) | | 218 | 257 |
| Standard error | | 6 | 4 |
| Vitamin C (mg) | | 65 | 81 |
| Standard error | | 3 | 2 |
| Iron (mg) | | 11.9 | 13.4 |
| Standard error | | 0.3 | 0.2 |
| Zinc (mg) | | 10.7 | 9.9 |
| Standard error | | 0.3 | 0.1 |
| Calcium (mg) | | 948 | 903 |
| Standard error | | 28 | 11 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors were estimated via jackknife replication. Each standard error has 43 degrees of free-

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 1,562 | 275 | 8 |
| 1,715 | 1,626 | |
| 13 | 34 | |
| 254.0 | 277.0 | |
| 2.0 | 4.8 | |
| 59.3 | 67.6 | |
| 0.2 | 0.4 | |
| 12.0 | 12.3 | |
| 0.1 | 0.4 | |
| 56.6 | 42.2 | |
| 0.5 | 1.1 | |
| 29.4 | 23.1 | |
| 0.1 | 0.3 | |
| 20.7 | 15.3 | |
| 0.2 | 0.4 | |
| 10.7 | 8.4 | |
| 0.1 | 0.2 | |
| 8.9 | 7.1 | |
| 0.1 | 0.2 | |
| 4.6 | 3.8 | |
| 0.0 | 0.1 | |
| 1.50 | 1.36 | |
| 0.01 | 0.04 | |
| 1.94 | 1.72 | |
| 0.02 | 0.05 | |
| 17.6 | 15.2 | |
| 0.2 | 0.4 | |
| 1.61 | 1.45 | |
| 0.02 | 0.04 | |
| 3.46 | 2.58 | |
| 0.05 | 0.10 | |
| 275 | 255 | |
| 4 | 9 | |
| 105 | 114 | |
| 2 | 5 | |
| 13.8 | 12.5 | |
| 0.2 | 0.4 | |
| 9.0 | 7.4 | |
| 0.1 | 0.2 | |
| 836 | 741 | |
| 10 | 23 | |

dom. Children fed human milk or who reported no food intake for a day were excluded from the analysis.

DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service.

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-3 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Boys 9 Through 18 Years of Age, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 8 | 115 | 484 |
| Total energy (kcal) | | 2,476 | 2,512 |
| Standard error | | 88 | 45 |
| Carbohydrate (g) | | 262.0 | 319.0 |
| Standard error | | 9.6 | 5.9 |
| Carbohydrate (% energy) | | 42.5 | 50.9 |
| Standard error | | 0.7 | 0.3 |
| Fiber (g) | | 13.9 | 15.6 |
| Standard error | | 0.8 | 0.4 |
| Fat (g) | | 115.0 | 101.0 |
| Standard error | | 4.6 | 2.0 |
| Fat (% energy) | | 40.1 | 35.5 |
| Standard error | | 0.5 | 0.3 |
| Saturated fat (g) | | 41.5 | 36.4 |
| Standard error | | 1.8 | 0.8 |
| Saturated fat (% energy) | | 14.8 | 12.7 |
| Standard error | | 0.3 | 0.2 |
| Fatty acid 18:2 (g) | | 17.4 | 15.2 |
| Standard error | | 0.9 | 0.4 |
| Fatty acid 18:2 (% energy) | | 6.4 | 5.3 |
| Standard error | | 0.2 | 0.1 |
| Thiamin (mg) | | 1.84 | 1.92 |
| Standard error | | 0.08 | 0.04 |
| Riboflavin (mg) | | 2.35 | 2.44 |
| Standard error | | 0.10 | 0.05 |
| Niacin (mg) | | 25.3 | 25.1 |
| Standard error | | 1.0 | 0.6 |
| Vitamin B ₆ (mg) | | 1.91 | 2.02 |
| Standard error | | 0.08 | 0.05 |
| Vitamin B ₁₂ (μg) | | 6.19 | 5.50 |
| Standard error | | 0.32 | 0.16 |
| Folate (μg) | | 232 | 278 |
| Standard error | | 13 | 8 |
| Vitamin C (mg) | | 87 | 88 |
| Standard error | | 7 | 4 |
| Iron (mg) | | 16.0 | 17.7 |
| Standard error | | 0.7 | 0.4 |
| Zinc (mg) | | 14.3 | 14.1 |
| Standard error | | 0.6 | 0.3 |
| Calcium (mg) | | 1,105 | 1,091 |
| Standard error | | 61 | 27 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 343 | 61 | 8 |
| 2,467 | 2,335 | |
| 55 | 114 | |
| 370.0 | 391.0 | |
| 8.5 | 20.3 | |
| 59.7 | 66.1 | |
| 0.5 | 0.9 | |
| 16.6 | 17.6 | |
| 0.5 | 1.3 | |
| 80.0 | 60.0 | |
| 2.1 | 3.4 | |
| 28.9 | 23.5 | |
| 0.4 | 0.8 | |
| 28.0 | 20.9 | |
| 0.7 | 1.3 | |
| 10.1 | 8.2 | |
| 0.2 | 0.3 | |
| 12.7 | 10.6 | |
| 0.4 | 0.7 | |
| 4.5 | 4.1 | |
| 0.1 | 0.2 | |
| 2.13 | 2.07 | |
| 0.06 | 0.13 | |
| 2.47 | 2.44 | |
| 0.07 | 0.16 | |
| 25.5 | 25.1 | |
| 0.7 | 1.6 | |
| 2.10 | 2.33 | |
| 0.07 | 0.18 | |
| 4.70 | 4.40 | |
| 0.17 | 0.45 | |
| 329 | 356 | |
| 11 | 29 | |
| 126 | 143 | |
| 6 | 15 | |
| 19.3 | 20.7 | |
| 0.6 | 1.3 | |
| 12.3 | 11.2 | |
| 0.4 | 0.8 | |
| 1,043 | 958 | |
| 31 | 62 | |

were estimated via jackknife replication. Each standard error has 43 degrees of freedom. Boys who reported no food intake for a day were excluded from the analysis.

DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service.

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-4 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Men 19 Through 50 Years of Age, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 173 | 686 | 1,088 |
| Total energy (kcal) | 2,707 | 2,650 | 2,588 |
| Standard error | 92 | 47 | 32 |
| Carbohydrate (g) | 203.0 | 277.0 | 324.0 |
| Standard error | 7.3 | 5.1 | 4.1 |
| Carbohydrate (% energy) | 30.3 | 42.2 | 50.5 |
| Standard error | 0.7 | 0.4 | 0.3 |
| Fiber (g) | 13.1 | 16.7 | 18.2 |
| Standard error | 0.6 | 0.4 | 0.3 |
| Fat (g) | 125.0 | 112.0 | 97.0 |
| Standard error | 4.5 | 2.4 | 1.4 |
| Fat (% energy) | 42.6 | 37.4 | 33.4 |
| Standard error | 0.8 | 0.3 | 0.2 |
| Saturated fat (g) | 43.2 | 38.5 | 32.6 |
| Standard error | 1.7 | 0.9 | 0.5 |
| Saturated fat (% energy) | 14.6 | 12.7 | 11.1 |
| Standard error | 0.3 | 0.1 | 0.1 |
| Fatty acid 18:2 (g) | 20.0 | 18.9 | 17.0 |
| Standard error | 1.0 | 0.5 | 0.3 |
| Fatty acid 18:2 (% energy) | 6.7 | 6.2 | 5.8 |
| Standard error | 0.3 | 0.1 | 0.1 |
| Thiamin (mg) | 1.67 | 1.86 | 1.93 |
| Standard error | 0.07 | 0.04 | 0.03 |
| Riboflavin (mg) | 2.29 | 2.22 | 2.22 |
| Standard error | 0.09 | 0.04 | 0.03 |
| Niacin (mg) | 30.9 | 29.8 | 28.6 |
| Standard error | 1.2 | 0.6 | 0.4 |
| Vitamin B ₆ (mg) | 2.35 | 2.15 | 2.11 |
| Standard error | 0.09 | 0.05 | 0.03 |
| Vitamin B ₁₂ (μg) | 7.90 | 7.60 | 5.50 |
| Standard error | 0.40 | 0.31 | 0.15 |
| Folate (μg) | 257 | 261 | 287 |
| Standard error | 12 | 6 | 5 |
| Vitamin C (mg) | 69 | 81 | 97 |
| Standard error | 5 | 3 | 3 |
| Iron (mg) | 16.3 | 17.6 | 18.3 |
| Standard error | 0.6 | 0.4 | 0.3 |
| Zinc (mg) | 18.0 | 15.8 | 13.7 |
| Standard error | 0.8 | 0.4 | 0.2 |
| Calcium (mg) | 858 | 885 | 910 |
| Standard error | 41 | 24 | 17 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 493 | 84 | 9 |
| 2,431 | 2,082 | |
| 43 | 94 | |
| 360.0 | 365.0 | |
| 6.9 | 15.4 | |
| 59.2 | 69.3 | |
| 0.5 | 1.3 | |
| 19.8 | 19.9 | |
| 0.5 | 1.6 | |
| 77.0 | 46.4 | |
| 1.6 | 3.1 | |
| 28.0 | 19.0 | |
| 0.3 | 1.0 | |
| 25.5 | 14.5 | |
| 0.7 | 1.1 | |
| 9.2 | 5.2 | |
| 0.1 | 0.4 | |
| 13.9 | 9.1 | |
| 0.4 | 0.7 | |
| 5.0 | 3.7 | |
| 0.1 | 0.3 | |
| 1.96 | 1.84 | |
| 0.04 | 0.15 | |
| 2.13 | 1.89 | |
| 0.05 | 0.16 | |
| 26.2 | 23.7 | |
| 0.6 | 1.7 | |
| 2.09 | 2.08 | |
| 0.06 | 0.18 | |
| 4.40 | 3.37 | |
| 0.17 | 0.36 | |
| 309 | 310 | |
| 9 | 30 | |
| 115 | 126 | |
| 5 | 14 | |
| 18.7 | 17.5 | |
| 0.4 | 1.3 | |
| 12.0 | 10.1 | |
| 0.3 | 0.8 | |
| 850 | 724 | |
| 24 | 56 | |

were estimated via jackknife replication. Each standard error has 43 degrees of freedom. Men who reported no food intake for a day were excluded from the analysis.

DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service.

SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-5 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Men 51 Years of Age and Older, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 156 | 604 | 903 |
| Total energy (kcal) | 2,059 | 2,081 | 2,035 |
| Standard error | 75 | 36 | 26 |
| Carbohydrate (g) | 153.0 | 213.0 | 255.0 |
| Standard error | 6.2 | 3.8 | 3.4 |
| Carbohydrate (% energy) | 30.6 | 41.1 | 50.1 |
| Standard error | 0.8 | 0.3 | 0.3 |
| Fiber (g) | 11.2 | 15.3 | 17.6 |
| Standard error | 0.6 | 0.4 | 0.3 |
| Fat (g) | 98.0 | 91.0 | 78.0 |
| Standard error | 4.4 | 1.9 | 1.2 |
| Fat (% energy) | 42.7 | 39.0 | 34.2 |
| Standard error | 0.8 | 0.4 | 0.3 |
| Saturated fat (g) | 31.9 | 30.1 | 25.6 |
| Standard error | 1.6 | 0.7 | 0.5 |
| Saturated fat (% energy) | 14.1 | 12.9 | 11.2 |
| Standard error | 0.4 | 0.2 | 0.1 |
| Fatty acid 18:2 (g) | 16.9 | 15.9 | 13.7 |
| Standard error | 1.0 | 0.4 | 0.3 |
| Fatty acid 18:2 (% energy) | 6.9 | 6.7 | 6.0 |
| Standard error | 0.3 | 0.1 | 0.1 |
| Thiamin (mg) | 1.42 | 1.59 | 1.68 |
| Standard error | 0.07 | 0.03 | 0.03 |
| Riboflavin (mg) | 1.84 | 1.94 | 1.97 |
| Standard error | 0.08 | 0.04 | 0.03 |
| Niacin (mg) | 25.7 | 24.2 | 23.9 |
| Standard error | 1.2 | 0.5 | 0.4 |
| Vitamin B ₆ (mg) | 1.85 | 1.84 | 1.93 |
| Standard error | 0.09 | 0.04 | 0.03 |
| Vitamin B ₁₂ (μg) | 6.07 | 5.60 | 5.50 |
| Standard error | 0.37 | 0.19 | 0.20 |
| Folate (μg) | 202 | 245 | 272 |
| Standard error | 10 | 6 | 5 |
| Vitamin C (mg) | 70 | 70 | 93 |
| Standard error | 7 | 3 | 3 |
| Iron (mg) | 13.4 | 14.7 | 16.4 |
| Standard error | 0.6 | 0.3 | 0.3 |
| Zinc (mg) | 13.8 | 12.7 | 11.5 |
| Standard error | 0.7 | 0.3 | 0.2 |
| Calcium (mg) | 618 | 716 | 761 |
| Standard error | 36 | 17 | 15 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 494 | 106 | 16 |
| 1,954 | 1,757 | |
| 35 | 56 | |
| 287.0 | 300.0 | |
| 4.9 | 10.1 | |
| 58.8 | 67.9 | |
| 0.4 | 0.7 | |
| 20.2 | 21.6 | |
| 0.5 | 1.1 | |
| 59.0 | 38.7 | |
| 1.4 | 1.8 | |
| 27.2 | 20.1 | |
| 0.3 | 0.7 | |
| 18.5 | 12.8 | |
| 0.5 | 0.7 | |
| 8.5 | 6.7 | |
| 0.1 | 0.4 | |
| 11.7 | 6.9 | |
| 0.3 | 0.4 | |
| 5.3 | 3.5 | |
| 0.1 | 0.2 | |
| 1.81 | 1.59 | |
| 0.04 | 0.07 | |
| 1.97 | 1.82 | |
| 0.05 | 0.08 | |
| 23.6 | 20.4 | |
| 0.5 | 1.0 | |
| 2.08 | 2.09 | |
| 0.05 | 0.13 | |
| 4.30 | 3.70 | |
| 0.18 | 0.38 | |
| 303 | 305 | |
| 9 | 19 | |
| 128 | 110 | |
| 5 | 7 | |
| 17.6 | 16.2 | |
| 0.4 | 0.9 | |
| 10.9 | 8.6 | |
| 0.3 | 0.3 | |
| 727 | 746 | |
| 18 | 32 | |

were estimated via jackknife replication. Each standard error has 43 degrees of freedom. Men who reported no food intake for a day were excluded from the analysis.
 DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service.
 SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-6 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Girls 9 Through 18 Years of Age, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 6 | 108 | 401 |
| Total energy (kcal) | | 1,893 | 1,824 |
| Standard error | | 71 | 34 |
| Carbohydrate (g) | | 196.0 | 229.0 |
| Standard error | | 6.9 | 4.5 |
| Carbohydrate (% energy) | | 42.2 | 50.6 |
| Standard error | | 0.9 | 0.4 |
| Fiber (g) | | 10.6 | 11.6 |
| Standard error | | 0.5 | 0.3 |
| Fat (g) | | 87.8 | 73.0 |
| Standard error | | 3.1 | 1.6 |
| Fat (% energy) | | 40.8 | 35.4 |
| Standard error | | 0.5 | 0.4 |
| Saturated fat (g) | | 31.3 | 25.9 |
| Standard error | | 1.4 | 0.6 |
| Saturated fat (% energy) | | 14.7 | 12.5 |
| Standard error | | 0.3 | 0.2 |
| Fatty acid 18:2 (g) | | 14.3 | 11.7 |
| Standard error | | 0.7 | 0.3 |
| Fatty acid 18:2 (% energy) | | 6.7 | 5.6 |
| Standard error | | 0.3 | 0.1 |
| Thiamin (mg) | | 1.22 | 1.38 |
| Standard error | | 0.06 | 0.03 |
| Riboflavin (mg) | | 1.74 | 1.77 |
| Standard error | | 0.07 | 0.04 |
| Niacin (mg) | | 19.3 | 18.4 |
| Standard error | | 0.9 | 0.4 |
| Vitamin B ₆ (mg) | | 1.43 | 1.43 |
| Standard error | | 0.07 | 0.04 |
| Vitamin B ₁₂ (µg) | | 4.63 | 3.91 |
| Standard error | | 0.30 | 0.14 |
| Folate (µg) | | 177 | 205 |
| Standard error | | 9 | 6 |
| Vitamin C (mg) | | 54 | 73 |
| Standard error | | 4 | 3 |
| Iron (mg) | | 12.2 | 12.9 |
| Standard error | | 0.6 | 0.3 |
| Zinc (mg) | | 11.0 | 10.2 |
| Standard error | | 0.6 | 0.3 |
| Calcium (mg) | | 796 | 795 |
| Standard error | | 41 | 22 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 401 | 90 | 7 |
| 1,853 | 1,838 | |
| 36 | 68 | |
| 275.0 | 315.0 | |
| 5.8 | 12.1 | |
| 59.3 | 68.5 | |
| 0.3 | 0.7 | |
| 13.4 | 13.9 | |
| 0.4 | 0.8 | |
| 61.5 | 45.5 | |
| 1.4 | 2.1 | |
| 29.3 | 22.0 | |
| 0.3 | 0.6 | |
| 21.4 | 15.3 | |
| 0.5 | 0.8 | |
| 10.2 | 7.3 | |
| 0.1 | 0.3 | |
| 9.9 | 7.8 | |
| 0.3 | 0.4 | |
| 4.7 | 3.9 | |
| 0.1 | 0.2 | |
| 1.46 | 1.43 | |
| 0.04 | 0.07 | |
| 1.73 | 1.72 | |
| 0.05 | 0.08 | |
| 18.3 | 16.5 | |
| 0.5 | 0.9 | |
| 1.53 | 1.49 | |
| 0.04 | 0.08 | |
| 3.55 | 2.63 | |
| 0.14 | 0.20 | |
| 237 | 249 | |
| 8 | 17 | |
| 95 | 128 | |
| 4 | 11 | |
| 13.6 | 13.2 | |
| 0.4 | 0.7 | |
| 8.9 | 7.9 | |
| 0.2 | 0.5 | |
| 743 | 781 | |
| 21 | 45 | |

were estimated via jackknife replication. Each standard error has 43 degrees of freedom. Girls who reported no food intake for a day were excluded from the analysis.
 DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service.
 SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-7 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Women 19 Through 50 Years of Age, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 109 | 497 | 924 |
| Total energy (kcal) | 1,656 | 1,721 | 1,743 |
| Standard error | 63 | 34 | 22 |
| Carbohydrate (g) | 128.0 | 176.0 | 220.0 |
| Standard error | 5.1 | 3.7 | 2.8 |
| Carbohydrate (% energy) | 31.4 | 41.0 | 50.6 |
| Standard error | 0.8 | 0.4 | 0.3 |
| Fiber (g) | 9.0 | 11.1 | 13.0 |
| Standard error | 0.5 | 0.3 | 0.2 |
| Fat (g) | 81.3 | 77.0 | 67.0 |
| Standard error | 3.6 | 1.8 | 1.1 |
| Fat (% energy) | 43.9 | 39.8 | 34.0 |
| Standard error | 0.9 | 0.4 | 0.2 |
| Saturated fat (g) | 27.5 | 25.7 | 22.4 |
| Standard error | 1.4 | 0.7 | 0.4 |
| Saturated fat (% energy) | 14.7 | 13.3 | 11.3 |
| Standard error | 0.5 | 0.2 | 0.1 |
| Fatty acid 18:2 (g) | 13.7 | 13.8 | 12.0 |
| Standard error | 0.8 | 0.4 | 0.3 |
| Fatty acid 18:2 (% energy) | 7.4 | 7.0 | 6.0 |
| Standard error | 0.3 | 0.2 | 0.1 |
| Thiamin (mg) | 1.10 | 1.22 | 1.34 |
| Standard error | 0.06 | 0.03 | 0.02 |
| Riboflavin (mg) | 1.45 | 1.47 | 1.55 |
| Standard error | 0.07 | 0.03 | 0.02 |
| Niacin (mg) | 18.7 | 19.2 | 19.0 |
| Standard error | 1.0 | 0.4 | 0.3 |
| Vitamin B ₆ (mg) | 1.30 | 1.37 | 1.45 |
| Standard error | 0.07 | 0.03 | 0.02 |
| Vitamin B ₁₂ (µg) | 4.76 | 4.52 | 3.75 |
| Standard error | 0.38 | 0.20 | 0.11 |
| Folate (µg) | 152 | 174 | 214 |
| Standard error | 8 | 5 | 4 |
| Vitamin C (mg) | 45 | 60 | 75 |
| Standard error | 4 | 3 | 2 |
| Iron (mg) | 10.2 | 11.5 | 12.8 |
| Standard error | 0.5 | 0.3 | 0.2 |
| Zinc (mg) | 10.7 | 9.8 | 9.4 |
| Standard error | 0.6 | 0.2 | 0.2 |
| Calcium (mg) | 634 | 607 | 635 |
| Standard error | 42 | 16 | 12 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 626 | 176 | 37 |
| 1,666 | 1,442 | 1,344 |
| 24 | 48 | 91 |
| 247.0 | 248.0 | 284.0 |
| 3.8 | 8.4 | 17.4 |
| 59.1 | 68.6 | 80.9 |
| 0.3 | 0.6 | 1.3 |
| 14.0 | 13.6 | 14.2 |
| 0.3 | 0.8 | 1.5 |
| 51.8 | 33.6 | 18.5 |
| 1.0 | 1.4 | 2.1 |
| 27.8 | 20.9 | 11.9 |
| 0.3 | 0.6 | 0.9 |
| 17.1 | 10.2 | 5.5 |
| 0.4 | 0.5 | 0.7 |
| 9.1 | 6.3 | 3.5 |
| 0.1 | 0.2 | 0.3 |
| 9.7 | 7.4 | 3.4 |
| 0.2 | 0.4 | 0.4 |
| 5.1 | 4.6 | 2.1 |
| 0.1 | 0.2 | 0.2 |
| 1.38 | 1.27 | 1.47 |
| 0.03 | 0.06 | 0.15 |
| 1.59 | 1.37 | 1.55 |
| 0.03 | 0.07 | 0.19 |
| 18.5 | 16.2 | 15.4 |
| 0.4 | 0.8 | 1.7 |
| 1.53 | 1.40 | 1.74 |
| 0.04 | 0.08 | 0.20 |
| 3.28 | 2.14 | 2.88 |
| 0.13 | 0.18 | 0.57 |
| 231 | 237 | 341 |
| 6 | 14 | 45 |
| 93 | 92 | 128 |
| 4 | 7 | 22 |
| 13.2 | 12.1 | 14.4 |
| 0.3 | 0.7 | 1.8 |
| 8.6 | 6.9 | 7.1 |
| 0.2 | 0.4 | 0.8 |
| 659 | 540 | 505 |
| 16 | 29 | 57 |

were estimated via jackknife replication. Each standard error has 43 degrees of freedom. Women who reported no food intake for a day were excluded from the analysis. DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service. SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.

TABLE K-8 Median Nutrient Intakes by Carbohydrate Intake as Percentage of Total Energy, Women 51 Years of Age and Older, United States, CSFII (1994–1996, 1998)

| Nutrient | Carbohydrate Intake as Percentage of Total Energy | | |
|------------------------------|---------------------------------------------------|---------------|---------------|
| | < 35% | 35 ≤ to < 45% | 45 ≤ to < 55% |
| <i>n</i> | 77 | 438 | 861 |
| Total energy (kcal) | 1,394 | 1,464 | 1,528 |
| Standard error | 72 | 26 | 19 |
| Carbohydrate (g) | 104.0 | 147.0 | 193.0 |
| Standard error | 5.8 | 2.8 | 2.5 |
| Carbohydrate (% energy) | 29.6 | 40.3 | 51.0 |
| Standard error | 0.9 | 0.4 | 0.3 |
| Fiber (g) | 7.5 | 11.2 | 13.3 |
| Standard error | 0.6 | 0.3 | 0.2 |
| Fat (g) | 71.0 | 66.2 | 57.9 |
| Standard error | 4.5 | 1.4 | 0.9 |
| Fat (% energy) | 45.1 | 40.4 | 33.6 |
| Standard error | 1.2 | 0.4 | 0.3 |
| Saturated fat (g) | 23.7 | 21.5 | 18.7 |
| Standard error | 1.6 | 0.5 | 0.3 |
| Saturated fat (% energy) | 15.3 | 13.1 | 10.8 |
| Standard error | 0.6 | 0.2 | 0.1 |
| Fatty acid 18:2 (g) | 11.3 | 12.3 | 10.8 |
| Standard error | 1.0 | 0.4 | 0.2 |
| Fatty acid 18:2 (% energy) | 6.9 | 7.4 | 6.2 |
| Standard error | 0.4 | 0.2 | 0.1 |
| Thiamin (mg) | 1.01 | 1.13 | 1.25 |
| Standard error | 0.06 | 0.03 | 0.02 |
| Riboflavin (mg) | 1.26 | 1.40 | 1.53 |
| Standard error | 0.06 | 0.03 | 0.02 |
| Niacin (mg) | 17.1 | 17.8 | 17.9 |
| Standard error | 1.0 | 0.4 | 0.3 |
| Vitamin B ₆ (mg) | 1.20 | 1.32 | 1.42 |
| Standard error | 0.07 | 0.03 | 0.02 |
| Vitamin B ₁₂ (µg) | 3.38 | 3.93 | 3.94 |
| Standard error | 0.27 | 0.19 | 0.14 |
| Folate (µg) | 139 | 177 | 209 |
| Standard error | 11 | 5 | 4 |
| Vitamin C (mg) | 45 | 62 | 82 |
| Standard error | 5 | 3 | 2 |
| Iron (mg) | 9.2 | 10.8 | 11.8 |
| Standard error | 0.5 | 0.2 | 0.2 |
| Zinc (mg) | 8.2 | 8.9 | 8.3 |
| Standard error | 0.5 | 0.2 | 0.1 |
| Calcium (mg) | 449 | 527 | 586 |
| Standard error | 28 | 15 | 11 |

NOTE: Data are limited to individuals who provided complete and reliable 24-hour dietary recalls on Day 1 and Day 2. Individuals were assigned to ranges of energy intake from carbohydrates based on unadjusted 2-day average intakes. Estimates of nutrient intake were adjusted using the Iowa State University method to provide estimates of usual intake. Medians and standard errors were obtained using C-Side. Standard errors

| 55 ≤ to < 65% | 65 ≤ to < 75% | ≥ 75% |
|---------------|---------------|-------|
| 620 | 147 | 18 |
| 1,422 | 1,272 | |
| 22 | 40 | |
| 210.0 | 219.0 | |
| 3.3 | 6.9 | |
| 59.1 | 69.2 | |
| 0.4 | 0.7 | |
| 15.3 | 17.6 | |
| 0.3 | 0.8 | |
| 43.4 | 28.1 | |
| 0.8 | 1.2 | |
| 27.1 | 19.4 | |
| 0.3 | 0.5 | |
| 13.7 | 8.2 | |
| 0.3 | 0.4 | |
| 8.6 | 5.7 | |
| 0.1 | 0.2 | |
| 8.4 | 5.8 | |
| 0.2 | 0.3 | |
| 5.3 | 3.9 | |
| 0.1 | 0.2 | |
| 1.28 | 1.30 | |
| 0.03 | 0.05 | |
| 1.51 | 1.42 | |
| 0.03 | 0.06 | |
| 17.2 | 16.2 | |
| 0.3 | 0.7 | |
| 1.54 | 1.65 | |
| 0.03 | 0.07 | |
| 3.06 | 2.58 | |
| 0.10 | 0.20 | |
| 232 | 263 | |
| 6 | 12 | |
| 102 | 123 | |
| 3 | 7 | |
| 12.3 | 13.0 | |
| 0.3 | 0.6 | |
| 7.8 | 7.1 | |
| 0.2 | 0.3 | |
| 604 | 558 | |
| 14 | 27 | |

were estimated via jackknife replication. Each standard error has 43 degrees of freedom. Women who reported no food intake for a day were excluded from the analysis. DATA SOURCE: U.S. Department of Agriculture, Agricultural Research Service. SOURCE: ENVIRON International Corporation and Iowa State University Department of Statistics, 2001.